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Summertime Peas

Andrew Croft

Utah State University

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USU Student Organic Farm

THE GARDEN BEAT

community supported agriculture

July 15 & 18, 2013

Vol. 4, Issue 10



IN THE BOX

basil
green onions
beets
peas
lettuce
chard
kale

Asian Marinated Snow Peas

Love eating your peas as a snack but don't know how to make them into dinner? This recipe is for you. This Japanese inspired dish will turn pile of pea pods into a delightful side dish that will spice up any Asian themed meal. Plus you can enjoy these peas for a while after making, once made they can be stored in the fridge for up to a five days.

Ready in 12 hours (time overnight)

Serves 4

Ingredients

- 1 pound of snow or sugar snap peas
- 1/3 cup soy sauce
- 2 tablespoon sesame seed oil
- 1 teaspoon fresh chopped ginger
- 1 chopped clove garlic

Directions

1. Heat a pot of water on the stove until it is boiling.
2. Pour the peas into the boiling water.
3. Allow to cook for 30 seconds.

Summertime Peas

I am swimming in peas. Almost literally. You see, I planted a smattering of different varieties this spring, all in the name of an experiment to see what variety I liked the best, so that I could grow my favorite year after year. As I write this, spent pea shells scatter around my work station like fallen autumn leaves.

But I'm not complaining. Peas are just so sweet and fun to eat! The ritual of popping the seam, running a thumb down the center to dislodge the peas, and throwing the whole handful into my mouth is a simple ritual that reminds me of bygone summers in my parent's garden, where I'd sit under the apple trees with my siblings and do the very same thing. It also reminds me more recently of the summer camp kids, who you might have seen if you picked up your shares on the Wednesday before the Fourth. They were excited to pick peas fresh out of the patch the Wednesday after, and I was happy to hear so many of them wanted to go back for more!

Isn't that what coming to the farm is all about? Not only for discovering the delicious flavors and nourishing a healthy body, but also the experience of getting out into the dirt, the wind, and the sunshine? To see the creepy crawlies, the loudly-colored wildflowers, or to scuff up your hands and knees finding the last few strawberries of summer? I recollect one elderly lady, upon admiring a

bouquet of sweet peas at a community garden dinner, told me that "if you have two loaves of bread, sell one and buy flowers with the extra money." I don't really know why I remember that sentiment, and maybe there's a few meanings you could take from it. To me it suggests that what's useful or practical is not the be-all end-all to what people need. Maybe something truly enjoyable is in order to enrich a life that's been wrapped up in functional busy work for a little too long.

Well, right now my peas might be doing a little too much enriching. It probably qualifies for what's known as a "glut," when everything comes on at once. Their season will be over faster than you know it, which is a nice reminder to slow down and enjoy something else: the fleeting flavors of the season. When was the last time you really took it slow and savored your food? Maybe you got that covered, who am I to know. But It's so easy to choke a meal down when you always feel in a hurry. Take a break, shell some peas. Oh, and if you're a gardener wondering about those varieties I'm trying, think about trying one called 'Green Arrow'. This English heirloom might not yield quite as heavy as the others, but its wholesome sugary flavor has been far too tasty to resist!

Andrew Croft



4. Strain immediately in a colander and rinse with cold water.
5. Drain the peas then place in container with a lid.
6. Combined all ingredients in the container.
7. Put the lid on the container and place in the refrigerator overnight.
8. Serve and Enjoy!

Recipe by Shannon Babb

Announcements

How to Peel a Pea

If you love peas, you will enjoy the sensual experience making your own fresh split peas.

1. Shell the pea pod
2. Submerge the pea in boiling water for 20 sec
3. Drain the peas
4. Put peas into a bowl with cold running water
5. Drain peas again
6. Press on one side of the pea until the skin pops off
7. Reserve the two halves of the pea and discard the skin
8. Add a little salt and butter/olive oil
9. Serve and enjoy!

Herbs in the Garden

-Thyme	-Lemon balm	-Hyssop
-Sage	-Lavender	-Catmint
-Garlic chives	-Greek oregano	-Chives
-Chamomile	-Summer savory	

Volunteer hours:

Tuesday, Thursday, Friday: 9 am to 12 pm

Missed pickup policy:

If you forget to pickup your share for the week at your scheduled time, we are so sorry but you will have to forfeit the share for the week. If you let us know a week in advance that you will be gone, we can definitely work something out so you don't miss a share. Also, you can have a friend, neighbor, or relative come pick up your share for you if you will be gone. They just need to come at your scheduled pickup time and let us know who they are picking up for.

What you might see in your next box

red lettuce

dill

zucchini

kale

beans

tatsoi/pakchoi mix



Tracey helping us trellis



Our box gardens provide produce for volunteers at the farm

On the Farm News

We extend our thanks!

The farm, as we all know, is a complex place. We are always filled with an array of pleasures and challenges. Thanks to our interns and volunteers, this week and each other week, are farm life is blessed with positivity and more pleasure than challenge. I wanted to introduce you all to a special gal who loves working in the outdoors and who accompanies us, almost on a daily basis, down this beautiful farm life.

Finishing her second year with USU, Tracey Munson finds her self on the farm and very excited to learn about farming, Sustainable Agriculture, and Organic Farming. But of course she, like all of us, is here for the food, which is what also fuels her drive for her Dietetics Major. Interested in traveling to developing countries with knowledge to work providing everyone proper nutrition,

and to assist in learning to produce healthy food and to be more overall self-sufficient.

Tracy's dietetics program requires 1000 volunteer hours to be finished by her senior year. So as an outreach intern this summer, Tracy is learning more about the farm writ-ing farm fact sheets and helping coordinate farm events. As well, Tracy is working 450 outreach hours with children by teaching them hands-on about the farm, working at the local farmers market helping people have more access to the products there, and with volunteer work hours with us on the farm.

Thank you for your love for transplanting and harvesting, but even more, a special thanks for your love of the community, your connection with people, and your joy in talk-ing with people and sharing yourself.

Eric Manrique

